

CANS Bulletin

January 2019



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The Grapevine—A Note From Cheriee

A new year brings us the opportunity for a new beginning. A time to look forward with a sense of renewed purpose and hope.

January brings the School Nutrition Programs close to the mid-point of the school year. School Nutrition Programs (SNP) should start thinking about the requirements that still need to be completed before the end of the school year. Has your staff with food service duties met the Professional Standards [annual training requirements](#)? Have you completed your on-site monitoring if you have [multiple feeding sites](#) or two on-site monitoring visits for [afterschool snack programs](#)? Schools operating with a contract management company should be looking at their upcoming contract renewals or going out to bid for a [new Food Service Management Company contract](#).

SNP reviews are finally underway after a slow start due to some turnover in staff. CANS recently awarded a request for proposal to [CN Resource](#) to assist with administrative and procurement reviews. CN Resource consultants will work alongside our SNP staff to complete the review schedule this year. CN Resource has a long history of consulting with State agencies and has worked in 24 different states. They are knowledgeable about SNP requirements and the review process. Our office will let you know if your Administrative Review or SNP procurement review has been assigned to CN Resource.

Child and Adult Care Food Program (CACFP) operators may still be getting into the groove of the 2018-19 program year. CACFP program reviews are getting started for selected agencies, the Department of Public Safety Inspectors will conduct the on-site review as they have for years, and Melissa Halling is working on getting topics together and plans made for the spring training workshops. Summer Food Service Program (SFSP) is starting to get going again for the new year. Behind the scenes the CANS office is working on a strategic outreach and management plan for the upcoming summer and in the next month or two you will start seeing reminders for SFSP sponsors to get working on plans for summer 2019.

The work seems to never end, but it is worth it to see all those happy faces receiving healthy food thanks to you. Happy New Year! May it be rich with the blessings of happiness, love, good health, success, and laughter. And while our brief pause to celebrate the holidays may be over, there are plenty of other celebrations in January to help distract us from the cold days of winter. Some of my favorites are:

- J.R.R. Tolkien's Birthday (author of Lord of the Rings) – Jan. 3
- National Trivia Day – Jan. 4
- National Spaghetti Day – Jan. 4
- National Bird Day – Jan. 5
- National Milk Day – Jan. 11
- National Popcorn Day – Jan. 19
- Martin Luther King Jr. Day – Jan. 21
- National Pie Day – Jan. 23
- National Handwashing Day – Jan. 23

Cheers!

-Cheriee Watterson

South Dakota Sponsor Spotlight!

Is your school or agency is doing anything unique and interesting in your programs that you would like to share!? Do you want to be featured in our South Dakota Sponsor Spotlight segment!? Submit any pictures along with a summary of the exciting events that you're doing to DOE.SchoolLunch@state.sd.us.



Wall School District Implements Beef to School

"The Cattle Business Weekly" featured an article about the Wall School District. Starting in January, they will be incorporating locally raised beef into their school lunches. You can check out there article here: <https://cattlebusinessweekly.com/Content/Default/Rotator/Article/Wall-SD-school-to-begin-new-year-serving-local-beef/-3/463/10259>. They have put in a lot of hard work and collaborated with various agencies to make this happen! They also plan to bring in local ranchers and farmers to talk to the students and so that they can get to know the people who are raising their food.

Check in With CANS Monthly Conference Call

SY 18-19 Dates

Mark your calendar!! Check in with CANS is a monthly conference call scheduled for the first Thursday each month. This call is open to all agencies on the Child Nutrition Programs and the Food Distribution Program in schools. Each call will start with a report from CANS with hot topics, new guidance or program clarifications, and reminders of upcoming dates. There will also be time scheduled during each call for participants to ask questions.

Check in with CANS is scheduled on the first Thursday of each month starting at **2:30 pm CT / 1:30 pm MT**. Calls are scheduled for:

- February 7th
- March 7th
- April 4th
- May 2nd
- June 6th (*tentative*)

To join the conference call, **dial 1-866-410-8397 and enter code: 6507733610**. If you have trouble joining the conference call, or have additional questions, call the CANS office at 605-773-3413. Feel free to send in questions ahead of the call to DOE.SchoolLunch@state.sd.us please reference "Conference Call Question" in the subject line.

Shortly before the call, an agenda will be posted to the CANS website main page, <http://doe.sd.gov/cans/index.aspx>, under *Check in With CANS*. Shortly after the call is complete, the call minutes will replace the agenda with additional information. Please mark your calendar for these dates and join us!

Local Agency Procurement Support (LAPS)

So, do you have “Oh So Many Questions!!!” about Procurement? Why not network with other agencies and CANS to get those questions answered? Starting on **November 14** at **2 pm Central time** we will begin having monthly procurement calls on a variety of topics. They will continue to be held on the second Tuesday of each month unless otherwise notified.

- January 9 – Micro Purchases
- February 13 - Informal Procurement
- March 13 - Formal Procurement

The call-in number is **1-866-410-8397** and the conference code is **3490506657**. Email reminders will be sent out to Food Service Directors and Business Managers the week before the call. Please mark this on your calendars and have your questions ready. If you have any procurement topics you would like to have addressed, please email or give me a call.

Gerianne.Headrick@state.sd.us or 605-773-4718

SNA Industry Conference Registration

The School Nutrition Association of South Dakota has released the registration for their Industry Conference and Sip & Stroll Event. They have a great line up with many great partners to provide you an awesome training. They hope you will join them! [Click here for registration](#)

Below are some details about the conference:

- Registration deadline is January 11th
- You may pay with credit card or check
- Conference runs afternoon of the 28th and ends before lunch on 29th
- Hotel accommodations are listed in registration link

SNA University Trainings—Save the Date

University Training Save the Dates!

These trainings have taken the place of what used to be chapter meetings. Anyone from any region can attend any of these trainings. Registration will be sent out a couple months prior to each training.

Southeast Region | Sioux Falls
January 28-29 | Industry Conference

Below FREE for SNA Members!

West Region | TBD
Change of plans! Currently working to create this training. More info to come.

Central | Pierre
March 30 | New Managers Training

Northeast | Aberdeen
April 6 | Reimbursable Meals, Food Safety Basics (change from Cafeteria as Classroom)

Final Rule Child Nutrition Programs: Flexibilities for Milk, Whole Grains, and Sodium Requirements

On December 7th, USDA released the final rule regarding flexibilities that were introduced in May 2017 by Agriculture Secretary Sonny Perdue. The final rule reduces the whole grain rich requirement back to half of the grains served over the week, without needing a waiver, sodium target 1 will remain in effect until June 2024, and flavored low-fat (1%) milk is allowed without a waiver. **These flexibilities will not go into effect until July 1, 2019** so SFAs (School Food Authorities) should continue business as usual for the remainder of the school year but can plan on implementing these flexibilities for school year 2019-20 if your SFA chooses to do so.

National School Breakfast Week Contest

The USDA Mountain Plains Regional Office (MPRO) has given the CANS office a giant salad spinner to give away to one of our SFAs! To give away this salad spinner, we are going to be holding a contest to encourage SFAs and individual schools to celebrate National School Breakfast Week (NSBW).

How the contest will work:

1. Come up with a plan for how to celebrate National School Breakfast Week (March 4-8, 2019)
2. Carry out the plan that was set in place
3. Take pictures of the various ways that you celebrate NSBW
4. Submit your pictures and a detailed description of your celebrations no later than March 22nd to this survey monkey link: <https://www.surveymonkey.com/r/96M5KL8>

After the deadline, the submissions will be reviewed and one lucky winner will be chosen to win the salad spinner! The salad spinner is approximately 5 gallons and can hold 6-8 heads of lettuce!

Any questions can be directed to the DOE.SchoolLunch@state.sd.us email address.



Be a Team Nutrition School! NEW! Team Nutrition Schools Network and Website



The Team Nutrition Schools Network is designed specifically for schools participating in the National School Lunch Program that are interested in promoting an environment and culture of wellness through the promotion of healthy eating.

Why should you become a part of the team? By signing up, schools will:

- Affirm their commitment to helping students make healthier food choices and be more physically active.
- Have the opportunity to collaborate with other Team Nutrition Schools.
- Be the first to hear about new nutrition education and training materials developed under the Team Nutrition initiative.
- Receive special nutrition education and promotion materials.
- Have the opportunity to be highlighted on Team Nutrition social media and in print publications.

Visit the [Team Nutrition School Network website](#) and enjoy these new features:

- [Simplified sign in form](#) for easier enrollment;
- [Searchable Team Nutrition Schools Network](#) to find, view, and update information about Team Nutrition Schools;
- [Downloadable certificate of participation](#) for each Team Nutrition School;
- [Tutorial videos](#) that demonstrate how to complete the new enrollment form; search for a Team Nutrition School, download a Certificate, update Information, and use the search feature;
- Easy access from any mobile devices, like tablets or smartphones; and
- [Background and additional information](#) about the Team Nutrition Schools Network.



Already signed up? Be sure to update your contact information via the website to ensure you will receive announcements about new resources, updates, and promotional items from Team Nutrition.

New, colorful nutrition message decals that can be displayed in the school cafeteria will soon be available only for Team Nutrition Schools—don't miss out!

For more information and resources visit <http://www.fns.usda.gov/tn/team-nutrition>

Locally Sourced Foods and Food Safety



Whether it be locally grown produce or fresh shell eggs, with proper food handling, these locally grown foods can be used in school foodservice programs. Local foods are not more risky than large-scale distributors. Don't let misconceptions about food safety keep your school from enjoying these nutritious and fresh food options. For more information on this topic go to <https://fns-prod.azureedge.net/sites/default/files/f2s/getthefacts-foodsafety.pdf>. Here you will find a Farm to School Food Safety Fact Sheet with valuable information on how to incorporate these items into your school lunch programs.

2018-2019 Team Nutrition Webinar Series

Join us on the **2nd Thursday** of every month at **2:30 PM** (CST) for our 2018-2019 Team Nutrition webinar series. SDSU Extension Family and Community Health Field Specialist, Francesca Benson (previously Willard), will be conducting this monthly webinar series over the course of the next 6 months. Tune in to learn more about what Team Nutrition has to offer, grant-specific topics, tips on applying for grants, and much more! Learn and understand more about Team Nutrition and be able to ask Francesca about any specific questions you may have! See below for tentative dates and topics for the 6-month webinar series!

- January 10th – Farm to School
- February 14th – Fuel Up to Play 60
- March 14th – Team Nutrition Resources

If you would like to be included on the listserv for reminder emails and links to upcoming webinars email Francesca at Francesca.Benson@sdstate.edu.

To join the session, please click on the link below within 30 minutes of the specified time.

[Join the Blackboard Collaborate session](#)

Team Nutrition Releases Fueling My Healthy Life

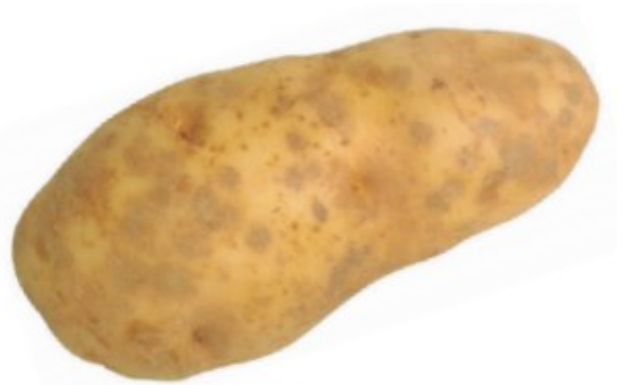
Fueling My Healthy Life is a new web-based nutrition education curriculum that uses project-based learning and technology to engage 6th graders in nutrition education while meeting educational standards for English and Health. In this Start Smart with Breakfast lesson, students will learn the importance of eating breakfast, what constitutes a balanced breakfast, and how MyPlate can help them make healthy eating choices.

Visit the Fueling My Healthy Life webpage at: <https://www.fns.usda.gov/tn/fueling-my-healthy-life> to have access to lesson plans, informational articles, video, student assessments, interactive activities, and digital badges.



Pick It! Try It! Like It!

Potatoes (Bdo or Mdo (Wild Potato)) are January's Pick it! Try it! Like it! Potatoes were the first food ever grown in space! In 1955 potato plants were taken into space on the US space shuttle Colombia. They are 80% water. Potatoes are among most environmentally friendly vegetables. They're easy to grow, and don't require massive amounts of fertilizer and chemical additives to thrive like many other vegetables do. They were first domesticated between 3000 BC and 2000 BC in the Southern region of Peru where they first originated. For resources regarding potatoes please visit: <http://igrow.org/up/resources/04-5030-2013.pdf>.



Pick it! Try it! Like it!

Positive School Meal Account Balances

In the School Nutrition Program, we have been talking about unpaid meal charges and negative student balances, but we have not discussed how schools should handle positive student meal balances at the end of the year. That is a question we are hearing more frequently as we become more familiar with the unpaid meal charge regulations and school policies. As we dig into this topic we have found that current school practices range from:

- Rolling the money into the next school year if the student or siblings continues to attend school at the district.
- Refunding all the extra money back to the family if the student graduates or transfers schools.
- Asking the family to donate the unspent money to cover any unpaid meal charges (or to an angel fund).
- And schools struggle with some families that disappear regardless of how much work put into trying to find them for their refund.

Part of the answer to this question can be found in the U.S. Department of Agriculture (USDA) Food and Nutrition Service (FNS) memo [SP 23-2017 Unpaid Meal Charges: Guidance and Q&A](#), revised March 23, 2017.

For students **approved for free or reduced-price meal benefits**, the School Food Authority (SFA) must attempt to give the student a refund. In memo Q&A #11 answer:

When any child leaves the district or graduates, SFAs must attempt to contact the child's household to return any funds remaining in the student's account. Households approved for reduced price meal benefits must receive a refund. There is a Federal requirement that the children eligible for reduced price meals pay a maximum of 40 cents per lunch and 30 cents per breakfast; retaining the unused funds would result in the per meal price exceeding this amount.

For students that **pay full meal price**, the SFA must make an attempt to refund the remaining money or the SFA can ask the family to donate the excess funds to cover unpaid meal charges that are uncollectable. A donation request can be sent to families at the beginning of school year or near the end of the school year. A donation request letter template is available from the USDA FNS for schools to use or modify. A MS Word document can be downloaded from: <https://fns.usda.gov/sites/default/files/cn/ExcessBalanceDonationTemplate.docx>

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We have reached out to state and federal folks to help us determine how to handle excess funds for families that disappear and cannot be found for a refund. When we have established that guidance we will be sure to include it in an upcoming bulletin article.

For many more resources on unpaid meal charges, please visit the USDA FNS website: <https://www.fns.usda.gov/school-meals/unpaid-meal-charges> or the CANS NSLP website: <http://doe.sd.gov/cans/nslp.aspx> in the School Meal Program Requirements section and under the Unpaid Meal Charge Policy section. Feel free to send questions to DOE.SchoolLunch@state.sd.us or call (605) 773-3413.

On-Site Monitoring for Agencies With More Than One Feeding Site

Remember that all agencies with more than one feeding site must conduct Onsite Monitoring before February 1, 2019. The Onsite Monitoring memo (52.1) and forms can be found on the CANS/NSLP webpage: <https://doe.sd.gov/cans/memos.aspx>

On-Site Monitoring for Snack Programs

The Afterschool Snack program must be monitored two times per year, the first review should have been completed within the first four weeks of operation. The second review should be done any time before the snack program ends for the school year. See CANS NSLP memo #36 [Monitoring Form and Update to Snacks After School](#) on the CANS memo website: <http://doe.sd.gov/cans/memos.aspx>

Visual Fruit and Vegetable Portion Size Guide



½ cup

Our office has recently created documents to make visually measuring portion sizes easier for your point of service staff members. There are two different documents that help identify both fruit and vegetable portion sizes in 1/4 cup, 1/2 cup and 3/4 cup quantities. The documents can be found on our website at <https://doe.sd.gov/cans/nslp.aspx> and are located under the School Meal Programs Resources tab under the subheading of National School Lunch / Breakfast Programs (NSLP/ SBP). You can also access the [Vegetables Guide Here](#) and then [Fruits Guide Here](#). These resources can be printed out and easily placed by the point of service or even by the serving line!

2019 USDA Show Us Your Tray Photo Contest

Do you have a signature dish using USDA Foods? Are you willing to share a photo of it? If so, the **USDA Show Us Your Tray Photo Contest** is for you!

The USDA is requesting photos that showcase how schools use only USDA Foods in their school meals. Visit <https://www.fns.usda.gov/fdd/2019-show-us-your-tray-photo-contest> for more information. The contest begins November 1st, 2018 and ends January 15th, 2019. All entries should be emailed to USDA Foods at USDAFoods@fns.usd.gov.

The Child and Adult Nutrition Services office would like to see your creations as well! Please send a copy of your submissions to DOE.SchoolLunch@state.sd.us.



Building for the Future with CACFP

Mealtime Memos for Child Care

The December 2018 issue of *Mealtime Memo for Child Care*, the monthly newsletter that includes menus, recipes, and activities related to child care, is now online at <https://theicn.org/icn-resources-a-z/mealtime-memo/>. The December 2018 issue is titled **Tis the Season for Fun, Nutritious Eating.**

Summer Food Service Program Planning for 2019

Sponsors may partner with groups to assist them in developing local outreach and best practices for their own communities see resources at <https://www.fns.usda.gov/sfsp/best-practices>.

Suggestions to further get the word out develop joint advertising plans for your community.

- Radio/PSA's <https://www.fns.usda.gov/sfsp/summer-radio-public-service-announcements>
- USDA Summer Meals Toolkit <https://www.fns.usda.gov/sfsp/summer-meals-toolkit>
- No Kid Hungry Share Our Strength Center for Best Practices – Summer Meals - see guides or toolkit links <http://bestpractices.nokidhungry.org/programs/summer-meals>
- Food Research & Action Center FRAC - Expanding Summer Meals resources calendar toolkit to help with planning for a successful summer program - http://frac.org/research/resource-library?type=resource&filter_resource_category=13&filter_topics=18&search=
- Identify underserved or unserved areas USDA Mapping Tools for Summer Meal Programs along with updated Area Eligibility which was updated October 1 and will apply to summer 2019. <https://www.fns.usda.gov/sfsp/mapping-tools-summer-meal-programs>

Grant opportunities:

Below is a list of ideas regarding SFSP grant opportunities through USDA or other organizations that states, sponsors, or partnering organizations can apply for:

- The FNS Summer Meals Toolkit has a link to additional funding sources information: https://fns-prod.azureedge.net/sites/default/files/sfsp/smt-funding_sources.pdf
- National Service (AmeriCorps): <http://www.nationalservice.gov/build-your-capacity/grants/funding-opportunities>

REMINDERS:

***NEW PROCUREMENT SUPPORT Calls** – Monthly 2nd Wednesday by Procurement Specialist Gerianne.Headrick@state.sd.us (605) 773-4718
CALL in Information:

Dial in phone number: 1-866-410-8397

Conference code: 3490506657

Topics to discuss and get support on:

January 9, 2019 "Micro-Purchases and Informal Purchases will be February 13, 2019" She will be covering new thresholds, etc.

SFSP Sponsors with Food Service Management Company or any vended contract for summer 15 meals period contact Gerianne to get started on action needed for 2019 contracts.

Updated Policies

Some policies have multiple numbers. That means those apply to multiple programs.

Child & Adult Care Food Program

No new policies have been issued for Child & Adult Care Food Program since the last bulletin. Current policies can be found at <http://www.fns.usda.gov/cacfp/policy> (CACFP memos).

School Nutrition Programs (SP Memos)

Policies that apply to school operation and administration can be found at <http://www.fns.usda.gov/school-meals/policy>. **No** new policies have been issued since the last bulletin.

Summer Food Service Program

No new policies have been issued for Summer Food Service Program. Policies can be found at <http://www.fns.usda.gov/sfsp/policy>.

Food Distribution

No new policies have been issued for food distribution programs since the last bulletin. Food Distribution policies can be found at <http://www.fns.usda.gov/fdd/policy>.

Contact CANS

For any questions, comments, or concerns

Email: DOE.SchoolLunch@state.sd.us

Phone: (605) 773-3413

Fax: (605) 773-6846

This institution is an equal opportunity provider.

Professional Standards Reminder: Any learning or training you receive about any aspect of the School Nutrition Programs can be counted as training time towards the professional standards annual training requirement. Reading the bulletin each month does count towards training hours.

Please retain documentation to show what topics were trained. For example, agenda, topics, handbook, certificate, etc. And record training on a Tracking Tool – we suggest using the [SD Tracker Tool](#) posted on the CANS NSLP website.

To credit training hours for time spent reading the Nutrition Bulletin, you will need to keep track of the time you spent reading and determine the applicable training codes. Appropriate documentation for this would be a copy of the bulletin signed and dated with the amount of time written on it.